The H-PLUS Program:
A System of Planned Self-Evolution

Regional Workshop

(1998-2011)

Website Program Description

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The H-PLUS® Program: *A System of Planned Self-Evolution*

Schedule, Registration & Tuition: Please contact the *Gateway Outreach Trainers* (US and International) about the schedule of their upcoming events, registration policies and tuition information.

It has long been known that the potential of human consciousness has been limited only by what has been referred to as the belief system. It also has been known among certain facets of human thought throughout history that such belief system can be altered or modified by various means - usually without conscious awareness on the part of the affected individual.

Aside from general inculcation within any cultural context, there always have been and are those who deliberately induce such changes for specific purposes. These applications have been given various labels that include depth motivation, religious practices, sorcery, magic, royalty, propaganda, hypnosis, advertising, oratory, music, psycho-analysis, cultist, rituals, brain-washing, charisma, nationalism, racism, behavior modification - to name a few. The results include spontaneous remission during illness, the placebo effect, miracles, levels-of genius, and fire-walking along with the mundane and commonplace.

HUMAN PLUS or "H-PLUS" is designed to place such ability to make any changes in an individual belief system **directly in the hands of the recipient**. Moreover, it will provide that individual with incontrovertible albeit personal evidence of the reality of such changes. Thus it can no longer be identified as a belief system but as a KNOW SYSTEM unique to that individual - totally self-actuated.

The Process

H-PLUS makes the following presumption, without limitation. In the course of human endeavor:

- Any action that occurs once can occur twice.
- Any action that occurs twice is learnable.
- Any action that is learnable is teachable.
- Any action that is teachable is applicable.
- Any applicable action has intrinsic value.

H-PLUS is made possible in present form due principally to the effect engendered by an audio method and technique known as Hemi-Sync, developed by The Monroe Institute. Through stimulation by sound patterns, a resonance is generated in the human brain whereby a significant degree of coherency is achieved in the electrical wave patterns therein. One effect is to create an access into all levels of human awareness, possibly even into cellular structures.

H-PLUS uses Hemi-Sync to establish an *Access Channel* into which encoded Functions are inserted into such total-awareness, in the knowledge that the methodology to perform said Functions is already inherent and existent within the system. Thereafter, the ability to activate Functions so inserted and encoded lies within the conscious option of the individual.

The H-PLUS *Access Channel* is open only during the insertion of a new H-PLUS Function. At all other times, it remains closed and unavailable.

H-PLUS Functions are derived from a wide variety of sources both present-day and historical, from individuals and organizations who have demonstrated success in a specialized area and which can be learned by the H-PLUS process.

H-PLUS recognizes the existence of an inertial mass within the structure of each human consciousness as generated by the long-encrusted belief system therein. The Program also acknowledges the incipient anxiety and fear related to the prospect of change within said structure. Therefore, H-PLUS encourages and abets change in small increments rather than the quantum leap. The result is evolution as against revolution, with the whole far greater than the sum of the parts, without resistance or fear.

The primary goal of H-PLUS is total, conscious control as may be desired by the individual over the entire self - mental, emotional and physical. Because all are inseparable, each learned and applied H-PLUS Function contains elements of all three. Thus the effect of any single Function is not limited solely to the area of focus or application. It adds to and shapes the formation of the new whole - the KNOW SYSTEM.

Mechanics - Dissemination

In that H-PLUS employs chiefly methods and techniques in sound, all Function Exercises are provided initially on audio cassette tape, one to each cassette. Each cassette consists of *Access Channel* Preparatory training on one side, with actual Function Encoding on the second. Use of the preparation exercise until proficiency is achieved is essential prior to working with the encoding on the second side. However, casual listening to the encoding portion first may be desirable so that the participant is well acquainted at a conscious level with the Function to be inserted and absorbed.

The Function Encoding exercise on the second side is used and repeated until conscious testing demonstrates such Function is securely in place and operational. From that point forward, the exercise tape is no longer needed and can be given to a new H-PLUS Apprentice of choice.